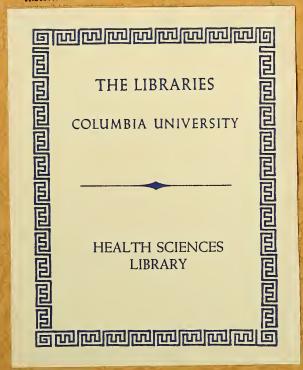
Report of the Board of
Visitors of the Boston Lunatic
Hospital.
1854

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REPORT

OF THE

BOARD OF VISITORS

OF THE

BOSTON LUNATIC HOSPITAL,

CONTAINING A STATEMENT OF THE

CONDITION OF THAT INSTITUTION,

AND TRANSMITTING THE

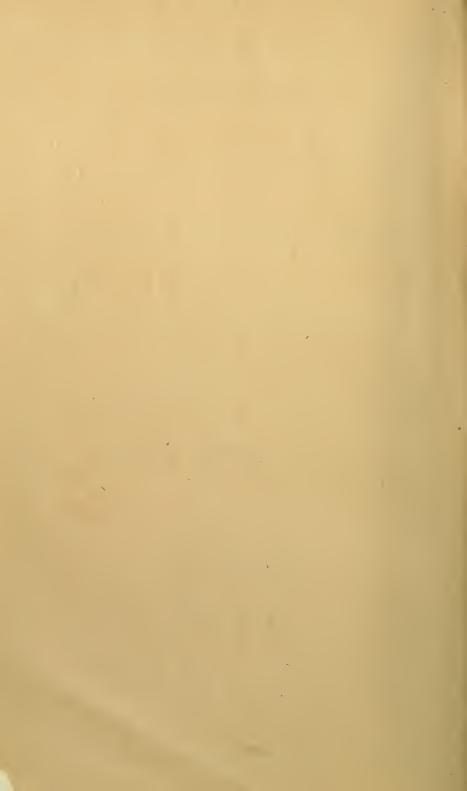
ANNUAL REPORT OF THE SUPERINTENDENT

FOR

1854.



 $\rm B~O~S~T~O~N:$ $\rm 1~8~5~4.$ J. H. Eastburn, city printer.



REPORT

OF THE

BOARD OF VISITORS

OF THE

BOSTON LUNATIC HOSPITAL,

CONTAINING A STATEMENT OF THE

CONDITION OF THAT INSTITUTION,

AND TRANSMITTING THE

ANNUAL REPORT OF THE SUPERINTENDENT

1854. WITHORANGE BOSTONIA SCONDITAD.
1630.

BOSTON: 1854. J. H. EASTBURN, CITY PRINTER.

CITY OF BOSTON.

In Common Council, December 28, 1854.

Ordered, That seven hundred and fifty copies of the within Report be printed.

Attest:

W. P. GREGG, Clerk C. C.

REPORT

OF THE

BOARD OF VISITORS

OF THE

BOSTON LUNATIC HOSPITAL.

The ordinance for the government of the Boston Lunatic Hospital requires that the Board of Visitors shall, in the month of December, annually, transmit to the City Council the report of the Superintendent thereof; with such of their own observations, touching the welfare of the Institution, as it may be for the interest of the City Council to be informed. In compliance with that requirement, this report is submitted. It will be perceived, by a perusal of the able report of Dr. Walker, that he has treated so fully every subject having reference to the condition of the patients under his charge, as to leave but little for us to add, other than remarks approbatory of his course of action in the care and treatment of the unfortunate beings within the Hospital.

We repeat what has been said by those who have preceded us, in the government of this institution, that to the skill, eminent ability and devoted attention to the duties of his office great credit is due, and should be bestowed upon our Superintendent, Dr. Clement A.

Walker, particularly for the improved change in the treatment of the furiously insane, or cottage patients; for from time to time, as we have been called to the Hospital, we have found his theory of not confining that class of patients to solitary cells has been most successfully carried out; and were it not for the crowded state of the accommodations within the house, we feel sure the few now in the cottage would be removed to the Hospital itself. From the example under his acts in this respect, we are convinced that much may yet be done progressively for the treatment of the insane.

Dr. Walker has been assisted by faithful officers and attendants, whose duty like that of attendants in every well regulated Hospital for the insane must be arduous and trying, and we feel pleasure in the opportunity of expressing our commendation of all connected with the institution; appearing, as they have at all times been, devoted to the duties of their several departments.

For several years past, as will be seen by reference to their annual reports, it has been felt the duty of the several Boards of Visitors, to present for the consideration of the City Council, the urgent necessity of enlarged accommodations for this class of our suffering fellow creatures, constrained to seek relief (through their friends) at the hospital at South Boston. All the arguments and reasoning have as yet, we are sorry to say, effected little more than an examination, from time to time, by committees of the City Council; who have in every instance, been convinced of the necessity, but have, unfortunately for the improvement of the institution, reported the result of their examination and conviction at so late a period, in the season of the existence of the municipal government, as to cause their suggestive action to be referred to the succeeding

City Council; thus from year to year accomplishing no beneficial measure for the institution. Should this course be pursued for any considerable period, we fear it will be attended with very injurious results to those who may be compelled to seek relief from their sufferings in this institution. Indeed our conclusions must be apparent to every one, who will but enter its doors for the inspection of the accommodations.

Crowded in every part as the hospital now is, and has been for several years, and limited as it is in its territorial domain, the patients are mostly deprived of one of the best remedial agents for their restorationactive out-door exercise. In no instance known to the Board of Visitors, is the opportunity for this most desirable object so limited as at the hospital at South Boston. This, with the fact that our hospital is constructed for the accommodation of but one hundred patients of each of the two sexes, needs no argument from the Board of Visitors to convince the City Council that, with the excess of sixty per cent. in one of the sexes and a large excess in the other, the opportunity for a beneficial course of treatment of the patients is very much embarrassed. The hope for relief to the City for a diminished number of insane, will, upon a slight examination, prove fallacious; for it will be found that this disease has been and will be increased as our City and county increases in population, and hence the call for extended accommodations for its treatment. Of this fact we are convinced, not only by a perusal of the many able reports made upon this subject by the Superintendents of the several similar institutions throughout the country, but by our own observation at the institution at South Boston, and more particularly on a recent visit to the hospitals at Taunton and Somerville, not only indeed from the number of inmates in those institutions, but as already suggested from the expressed opinion of their intelligent and experienced superintendents. Furthermore we have been informed that the commissioners appointed by an Act of the last Legislature to investigate this whole question of insanity, have, after a critical examination, become convinced of this fact; and that the accommodations for the treatment of this dreadful disease are so inadequate, that they will report the necessity for the erection of another hospital in the western section of the State. Now if such is required for that section of the Commonwealth, how much more manifest must be the wants of the community around the seaboard, where the natural causes of this disease more extendedly prevail?

That our institution has been the means of as much good, considering the class of patients, as any similar one, we feel highly gratified to say, a perusal of the tables embraced in the Superintendent's report will most conclusively prove; that it has not been so successful the past year, and will not be for time to come, with its present limits, must be attributed to the true cause, viz: its means of treatment is excessively embarrassed, by an over-crowded condition of its halls.

Placed as we have been by the City Council for the past year, to watch over and look after the interest of this institution, we have, in our semi-monthly visits and weekly meetings, felt convinced (as every good citizen would have been) of the imperative necessity for action on the part of the City Council for enlarged accommodations for this class of sufferers, entirely dependent upon public charity for relief, and therefore renew the expressions of our convictions in this communication.

The increased cost of subsistence for the past year,

has added somewhat to the expenses of the hospital; but as our disbursements have been made under the supervision of the Board of Visitors, with a strict regard to economy, we feel pleased to inform the City Council that the appropriation made at the commencement of the financial year will be sufficient to meet the wants of the institution.

Committing the institution, its inmates, and those who may follow us in charge of the same, to our Almighty Father, we humbly ask a continuation of His blessing upon all means, which are being or may be used, for the amelioration of the condition of this class of our unfortunate fellow beings.

CHARLES EDW. COOK, STEPHEN TILTON, JULIUS A PALMER, D. McB. THAXTER, WM. H. CALROW, ALEXANDER H. RICE.

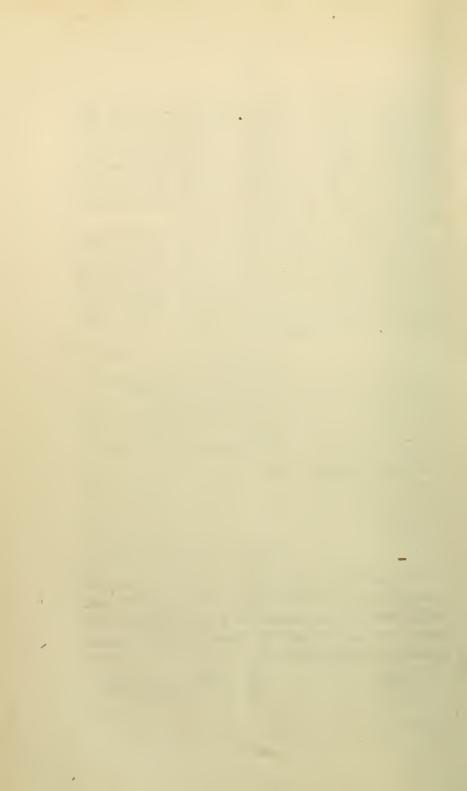
Boston, December 27, 1854.

Boston, December 27, 1854.

At a meeting of the Board of Visitors of the Boston Lunatic Hospital, held this day, the foregoing Report having been read and adopted, it was ordered that the same be transmitted, with the Report of the Superintendent, to the City Council.

Attest:

W. P. Gregg, Secretary.



SUPERINTENDENT'S REPORT.

To the Board of Visitors of the Boston Lunatic Hospital.

Gentlemen:—The Superintendent begs leave to present the following statements as the fifteenth Annual Report of the Boston Lunatic Hospital:

Few events calling for special notice have occurred here during the past year. Our life, if not altogether a quiet one, is singularly uniform, and, to a casual observer, of little interest. Great events have little to do, however, with the interest of life in a Hospital of this sort. Its record of unhappiness and evil is made up from the effects of slight causes, and the good it does grows out slowly and silently—seen only in the general welfare.

A share of both has fallen to us; a full allotment, we would fain hope of the former, but less, we fear, of the latter than might be reasonably expected of us. But the record is sealed, and we can only soften our regret for the past by the hope that, in the future, may lie fewer obstacles to success.

The following tables of statistics are as full and reliable as it has been possible to make them, although still very inaccurate in many important particulars.

2

The first presents a tabular view of the operations of the Hospital during the fifteen years of its existence.

Year ending with November 30.	Admitted.	Discharged.	More or less improved.	Recovered.	Died.	Remaining.
1840	125	29	2	9	6	96
1841	47	41	$egin{array}{c} 2 \ 4 \ 6 \ \end{array}$	20	11	102
1842	50	48	6	19	12	103
1843	52	49	7	21	11	106
1844	30	21	6	8 5	6	115
1845	21	15	1	5	7	121
1846	44	38	7	20	10	127
1847	78	49	6	26	16	156
1848	86	54	6	30	15	188
1849	78	63	4	22	35	203
1850	73	72	4	37	25	204
1851	92	55	4	27	22	241
1852	52	49	4 4 5 5	22	22	244
1853	72	52		26	21	264
1854	55	63	4	15	44	256

There were remaining in the Hospital at the date of the last Report, December 1, 1853,

Males Femal		-	- -	-	-	-	109 155——264
Admitted since	ee,						
Males	,	_	-	-	-	-	33
Femal	les, -	-	-	-	-	-	22——55
							319
Resident duri	ing the year	ar,					
Males	,	-	-	-	-	-	142
Femal	les, -	-	-	-	-	-	177319

. A	lges of	those	admi	tted.				
Under 20 years of age,	_	_ ,	\	-	_	-	-	5
From 20 to 30, -	_	-	_	-	-	-	-	15
" 30 to 40, -	-	_	_	-	-	-	-	10
" 40 to 50, -	-	-	-		-	-	-	9
" 50 to 60, -	-	-	-	-	-	-	-	4
Over 60 years of age,	-	-	-	-	**	-	-	2
Unknown,	-	-	-	-	-	-	-	10
							-	
								55
			-					
		Nativ	ity.					
Boston,	-	-	-	-	-	-	-	6
Massachusetts,	-	-	-	-	-1	-	-	1
Other States,	-	-	-	-	-	-	-	8
Ireland,	-	-	-	-	-	-	-	31
Other Foreign Countries	5, -	-	-	-	-	-	-	8
Unknown,	-	-	-	-	-	-	-	1
							•	55
	Las	t Res	idence				,	
TD		.0 2000						36
Boston, with friends, -	-	-	-	-	-	-	-	1
Worcester Hospital, -	v	-	-	-	_			1
State Asylum, Utica, N.		-	-	-	_		_	1
Deer Island, House of Correction, -	-	-	_	_	_	_		î
Unknown,	_	_	_	_	_	_	-	15
Ulkilowii,	_							
								55
	Civ	il Cor	idition	ı.				
Males,								
Single,	**	_	-	-		-	19	
Widowed,	-		-		-	-	1	
Married,	-	-	-	-	-	-	10	
Unknown,	-	-	-	-	-	-	3	33

Females,										
Single,	_	-	-	-	_	-	-	-	18	}
Widowed,	_	_	_	-	-	_	_	_	1	
Married,		_	_	-	_	_	_	-	8	3-22
,										
										55
			0	ссира	tion.					
Laborers, -		-	-	_	-	_	_	_	-	11
Domestics,	_	-	-	-	-	-	-	-	-	9
Housekeepers,	-	-	-	-	-	· _	-	-	-	8
Shoemakers,	-	-	-	-	-	-	-	-	-	3
Sempstress,	-	-	-	-	-	-	-	-	-	2
Machinists,	-	-	-	-	-	-	-	-	-	2
Carpenters,	-	-	` -	-	-	-	-	-	-	2
Bookkeeper,	-	-	-	-	-	-	-	-	-	1
Clergyman,	-	-	-	-	-	-	-	-	-	1
Ship Carpenter	,	-	-	-	-	-	-	-	-	1
Harness maker	,	-	-	-	-	-	-	-	-	1
Blacksmith,	-	-	-	-	-	-	-	-	-	1
Tailor, -	-	-	-	-	-	-		-	-	1
Burnisher,	-	-	-	-	-	-	-	-	-	1
Seaman, -	-	-	-	-	-	-	-	-	-	1
Coppersmith,	-	-	-	-	-	-	-	-	-	1
Teacher, -	-	-	-	-	-	-	-	-	-	1
None, -	-	-	-	-	-	-	-	-	-	4
Unknown,	-	-	-	-	-	-	-	-	-	4
										55
										99
		Assig	med (Tause:	s of In	ısanit	y .			
Intemperance,	-	-	-	-	-	-	-	-	-	15
Ill Health,	-	<u>-</u>	-	-	-	-	-	-	-	10
Epilepsy,	-	-	-	-		-	-	-	-	4
Masturbation,	-	-	-	-	-	-	-	-	-	3
Indulgence of to	emp	er,	-	-	-	-	-	-	-	2
Paralysis,	-	-	-	-	-	-	- 1	-	-	2
Parturition,	-	-	-	-	-	-	-	-	-	2
Destitution,	-	-	-	-	-	-	-	-	-	2
Old Age, -	-	-	-	-	-	-	-	-	-	1
Disappointment	9	•	-	-	-	-	-	-	-	1

70 73										
	•	-	-	-	-	-	-	-	-	1
Death of moth		-	-	-	-	-	-	-	-	1
Attempted Sed	-	-	-	-	-	-	-	1		
Seduction and			-	-	-	-	-	-	-	1
Scarlet Fever,	-	-	-	-	-	-	-	-	-	1
Neglect, -	-	-	-	-	-	-	-	-	-	1
Hard Labor,	-	-	-	-	-	-	-	~	-	1
Unknown,	-	-	-	-	-	-	-	-	-	6
									•	~ =
										55
		D	uratio	on of .	Insan	itu.				
Less than one	TOON									
Males,										
Females,	-	-	-	-	-	-	-	-	-	8
	-	-	-	-	-	-	-	-	-	9
More than one										-
Males,	-	-	-	-	-	-	-	-	-	13
Females,	-	-	-	-	-	-	-	-	-	16
Unknown,										
Males,	-	-	-	-	-	-	-	-	-	5
Females,	-	-	-	-	-	-	-	-	-	4
										55
										99
			-		-					
		Dis	schare	ges, D	eaths.	&c.				
Discharged,			·	,						
Males,										~ ×
Females,		-	-	-	-	-	-	_	-	35
Recovered,	•	•	-	-	•	-	-	-	-	28
Males,										
	-	-	-	-	-	-	-	-	-	12
Females,	-	-		-	18	-	-	-	-	3
Improved,										
Males,	-	-	-	-	-	-	-	-	-	2
Females,	-	- '	-		-	-	-	-	-	2
Unimproved,										
Males,	-	-	-	-	-	-	-	-	-	0
Females,	-	-	-	-	-	-	-	-	-	0
Died,										
Males,	-	-	-	_	-	-	-	-	-	20
Females,	-	-	-	-	-	-	-	-	-	24

Eloped. Males, 1 0 Females, -Causes of Death. Consumption, 23 Paralysis, 5 Old Age, -2 Epilepsy, -4 Marasmus, 3 3 Pneumonia, Debility, 1 Diarrhœa, 1 Brain Fever, 1 Dysentery, 1 44 Smallest number at any one period, 255 Greatest number at any one period, 266 Number remaining November 30, 1854. Males, 107 Females, -149

The admissions for the past year have been fewer than during the previous one, although more than could have been made, but for the relatively large number of deaths. The reception near the close of the year 1853, of twenty bad, and, to human view, incurable cases from the crowded State Hospital at Worcester, filled this house, not to its full capacity of suitable accommodation, for that point had long before been reached and passed, but to its utmost limit of "packing" human beings who were insane. As a sure consequence; none have been sent here by the Court during the past year, until assurance was given through your chairman (who has, as usual, kept himself thoroughly informed of the condition of the house,) that it was possible to receive the applicants. Under such circumstances only the quiet and harmless ones could be taken, while nearly all the recent, acute, violent and curable cases, we were, with regret, compelled to refuse.

In addition to this, we have been gradually withdrawing the cottage patients from their solitary rooms, and subjecting them to the superior advantages and more humane influences of the constant supervision of attendants, and association with a better class of patients in the main building. This has, of course, in a yet greater degree, diminished our ability to receive from outside, and lessened our apparent success.

There is comfort in the thought, however, that we have, in all probability, seen the extent of this evil, and that hereafter, if we be no better off, we shall, at least, be no worse. The future can be no more barren of success, while it may chance to be more fruitful.

The form of admission is the same as that complained of in the last annual Report—through the Police Court of the City, the patient appearing there in person

among those arraigned for criminal offences, and for drunkenness and vagrancy. An effort was made last winter by your honorable Board, through your Chairman, who was then President of the Senate, to modify the law upon this subject; but owing to unexpected objections from judicial quarters, it was not successful.

A case illustrating the peculiar hardship of this requirement has recently occurred.

A young lady became insane under circumstances which required her immediate removal from home. Upon visiting her, she was found suffering from an acute attack of puerperal mania, but in a very feeble condition. Application was immediately made to the presiding Judge for her commitment, without a personal appearance at Court. The danger of such exposure was fully represented, and abundant professional and other testimony, in regard to her condition, was offered. Answer was, of course, returned that the law so required, and the Court had no discretion in the matter.

Fortunately the case terminated favorably; but that the favorable result was greatly retarded by the excitement consequent upon such a course of procedure admits of no doubt, while the possible and even probable effects of it cannot be contemplated without a shudder. It is earnestly hoped that no effort will be spared until this highly objectionable and detrimental feature in our method of commitment shall be removed.

As usual, a large number of our cases hold intemperance as their assigned cause; another large class has ill health as its assigned cause. In most of the latter (who are foreigners,) it has grown out of an entire change of living, together with a great disappointment in the hopes that were entertained of life in this new

and western world. It is impossible to calculate the amount of evil produced by this feeling of disappointment and home-sickness, for it enters so closely into the finer and secret feelings of our nature, as to be scarcely traceable. Yet that it is a prolific source of insanity, no one, who is at all conversant with the subject, can have a doubt. Away from home, friends, and familiar scenes—suddenly transferred from the stage-coach life of the old world to the railroad hurry of the new—what wonder that the heart turns back upon itself, and the brain becomes confused and uncertain in its movements?

The recoveries for the past year are in a much smaller proportion than usual. The causes of this are so apparent as not to need a remark.

The number of deaths has been large—very much above the average, as last year it was below. Nearly half of the number has been among those who have long been suffering from tubercular disease of the lungs, and whose lives had, by careful nursing, been prolonged beyond the period to which unassisted nature could have borne them. A large proportion of the other deaths was from diseases always to be found in those hospitals whose inmates are removed only by recovery or death—epilepsy and paralysis.

The crowded condition of the hospital has unquestionably contributed somewhat to the increased mortality of the year, and we think here that its influence has been plainly visible.

No violent death has startled us during the year; no suicide, no serious accident of any kind. This, to us, is a matter of deep thankfulness, and no small surprise. No epidemic has appeared in the midst of us, to add to our discomforts and troubles. Dysentery, which was formerly a regular and terrible visitant, has,

for the last three seasons, been stayed and modified by careful attention to diet, ventilation, cleanliness and dryness of atmosphere.

To the same means we are inclined to attribute our escape from the cholera, which in 1849 came among us with resistless and fatal power. Upon its first appearance in the City, last summer, with the consent and advice of your Board, the diet was materially changed, and, throughout the season, all the drains were thoroughly washed, at frequent intervals; untiring attention to ventilation, at all hours, observed, and at evening (whenever practicable, and it was so nearly every day,) a current of fresh air was passed through every hall, for the space of one hour. But one case of cholera morbus occurred during the whole time; and are we not warranted in fairly attributing our exemption from the diseases incident and peculiar to the season, to the precautions observed?

The changes and improvements commenced more than a year ago, and alluded to in the last Report, have been continued. The good results confidently expected from them then have been more apparent every day.

Restraint, of all kinds, has been much less resorted to than heretofore, while, at the same time, our household has become in proportion more cheerful and manageable.

In this connection, permit me again to call your serious attention to the proposed modification of the cottage building. We have been gradually withdrawing its permanent occupants, until they now number but seven. We hope to reduce it still further, and should be glad to see the building entirely abandoned; but with no single rooms unoccupied in the main building, such a hope seems only chimerical. Even

now we are obliged to use it at night, as a lodging place for those for whom we can find no accommodations elsewhere.

The attempt to abandon the building has not been unattended by serious inconveniences. The good order of the house has been seriously disturbed, and the comfort of some of its inmates materially diminished, but the gain on the side of humanity has after all been great. The day is not far distant when this idea must become prevalent throughout New England, and every such structure for the permanent seclusion of trouble-some chronic cases be given up.

The recent action of the Trustees (of whom your Chairman is a member,) and Superintendent of the State Hospital at Taunton has settled this question in Massachusetts forever. All honor to them for their humanity and enlightened independence.

Could our cottage be so far enlarged as to admit of our placing attendants there permanently, and of giving the patients that personal freedom from the irksome confinement of the strong rooms, which they so much need, it would add much to their comfort and our means of usefulness. This subject is brought to your notice now, in the hope that it may be remembered when occasion shall offer for efficient action.

The grounds in front of the Hospital have, in accordance with a plan adopted by the last Board, and approved by this, been greatly improved. By it our garden has been enlarged, and the entrance to the Hospital greatly beautified.

The change has been a source of much pleasure to those patients whose windows overlook the front grounds. The labor expended in the improvement was nearly all performed by the patients, to their manifest pleasure and advantage. It was much more arduous than was anticipated, but from the ease and alacrity with which it was undertaken and carried through, we have a sure guaranty of the success which would attend an attempt to furnish regular daily out-of-door employment to a large class of our patients. This is a suggestive subject.

It was suggested by members of the Board that something be said upon the subject of the necessity of providing further suitable accommodations for the insane poor of this City. So much has been said in former Reports, that almost nothing remains to be written.

The necessity is apparent to the most careless observer. Upon the subject of location and construction, my opinions have been so often given, that, but for the direct call from your body, I would now be silent. Upon the matter of location I would say that, looking only to the greatest good of those who now are, and who may hereafter be the recipients of our City's charity, (and who of us shall dare say that we, or our near friends shall not be of the number,) a location at a suitable distance from the City, on a farm in the country, would be infinitely better for the insane, and more creditable to our City. How far such a proposition may be consistent with the financial interests of the City is only to be determined by those who must bear the responsibility of the decision.

Among the incidents of the year which claim a notice now, is the decease of our worthy Chaplain, the Rev. Louis Dwight, who suspended his official ministrations among us early in June, and died from paralysis on the 12th of July.

Since his decease, chapel services have been conducted by your Superintendent, and the salary of the Chaplain has been devoted to the good of the Hospital.

A large music box has thus been recently purchased, through the agency of Deacon Palmer, one of your number, which adds greatly to our means of amusement; and we are in hopes, in the course of the coming year, to add to our sources of amusement and instruction, until our Hospital-shall be behind none in New England. Our library is, as it always has been, very defective. Originally made up of odd volumes, it early lost its interest to most of our patients who could read.

It has occurred to me, that with a proper effort on the part of this Board, enough might be contributed to at least lay the foundation of a substantial library here, which should far exceed in its usefulness that contributed some years ago, but which was of little value, for the reason that it was mainly composed of odd volumes, which could, of course, be of no interest to any, sane or otherwise.

I am sorry to be compelled to notify the Board that the lad who, in the year 1851, was transferred to Deer Island, and who, for a considerable time after, promised much from the change, has been returned to us with decidedly homicidal propensities.

The expenditures for the past year have been made, as usual, under the direction of your Board. It is believed that, considering the increased cost of all articles used in our daily consumption, they have been judiciously made.

The appointment of a gatekeeper has added much to our security from intruders, and other constant sources of annoyance, and, it is believed, will materially contribute to the peace, welfare, and good order of the Hospital.

The Morning Courier, Evening Transcript, Puritan Recorder, Christian Witness, Zion's Herald and Missionary Herald have continued to cheer us with their daily and weekly visits of love.

To the Officers and Attendants of this Institution is due this heartfelt testimonial to their general efficiency in and devotedness to their several duties.

And to your honorable Board I beg leave to offer my sincere thanks for the cordial and hearty support that has been invariably given me during the past year, and, without which, much that has been effected must have been left undone.

What another year may bring forth no man can tell; but with an earnest effort on our part, and a like cordial co-operation on yours, the results cannot but be satisfactory.

Respectfully submitted,

C. A. WALKER, Superintendent.

Boston Lunatic Hospital, December 1, 1854.

APPENDIX.

In compliance with the recommendation of "THE ASSOCIATION OF MEDICAL SUPERINTENDENTS OF AMERICAN INSTITUTIONS FOR THE INSANE," the following propositions on the construction of hospitals for the insane, as adopted by that body, are appended to the foregoing Report.

ON THE CONSTRUCTION OF HOSPITALS FOR THE INSANE.

- I. Every hospital for the insane should be in the country, not within less than two miles of a large town, and easily accessible at all seasons.
- II. No hospital for the insane, however limited its capacity, should have less than fifty acres of land, devoted to gardens and pleasure grounds for its patients. At least one hundred acres should be possessed by every State hospital, or other institution for two hundred patients, to which number these propositions apply, unless otherwise mentioned.
- III. Means should be provided to raise ten thousand gallons of water daily, to reservoirs that will supply the highest parts of the building.
- IV. No hospital for the insane should be built, without the plan having been first submitted to some physician or physicians, who have had charge of a similar establishment, or are practically acquainted with all the details of their arrangements, and received his or their full approbation.
- V. The highest number that can with propriety be treated in one building is two hundred and fifty, while two hundred is a preferable maximum.

VI. All such buildings should be constructed of stone or brick, have slate or metallic roofs, and, as far as possible, be made secure, from accidents by fire.

VII. Every hospital, having provision for two hundred or more patients, should have in it at least eight distinct wards for each sex, making sixteen classes in the entire establishment.

VIII. Each ward should have in it a parlor, a corridor, single lodging rooms for patients, an associated dormitory, communicating with a chamber for two attendants; a clothes-room, a bath-room, a water-closet, a dining-room, a dumb waiter, and a speaking tube leading to the kitchen, or other central part of the building.

IX. No apartments should ever be provided for the confinement of patients, or as their lodging rooms, that are not entirely above ground.

X. No class of rooms should ever be constructed without some kind of window in each, communicating directly with the external atmosphere.

XI. No chamber for the use of a single patient should ever be less than eight by ten feet, nor should the ceiling of any story occupied by patients be less than twelve feet in height.

XII. The floors of patients' apartments should always be of wood.

XIII. The stairways should always be of iron, stone, or other indestructible material, ample in size and number, and easy of ascent to afford convenient egress in case of accident from fire.

XIV. A large hospital should consist of a main central building with wings.

XV. The main central building should contain the offices, receiving rooms for company, and apartments entirely private, for the superintending physician and his family, in case that officer resides in the hospital building.

XVI. The wings should be so arranged that, if rooms are placed on both sides of a corridor, the corridors should be furnished at both ends with movable glazed sashes, for the free admission of both light and air.

XVII. The lighting should be by gas, on account of its convenience, cleanliness, safety, and economy.

XVIII. The apartments for washing clothing, &c., should be detached from the hospital building.

XIX. The drainage should be under ground, and all the inlets to the sewers should be properly secured to prevent offensive emanations.

XX. All hospitals should be warmed by passing an abundance of

pure, fresh air from the external atmosphere, over pipes or plates, containing steam under low pressure, or hot water, the temperature of which at the boiler does not exceed 212° F., and placed in the basement or cellar of the building to be heated.

XXI. A complete system of forced ventilation, in connection with the heating, is indispensable to give purity to the air of a hospital for the insane; and no expense that is required to effect this object thoroughly can be deemed either misplaced or injudicious.

XXII. The boilers for generating steam for warming the building should be in a detached structure, connected with which may be the engine for pumping water, driving the washing apparatus, and other machinery.

XXIII. All water-closets should, as far as possible, be made of indestructible materials, be simple in their arrangement, and have a strong downward ventilation connected with them.

XXIV. The floors of bath-rooms, water-closets, and basement stories, should, as far as possible, be made of materials that will not absorb moisture.

XXV. The wards for the most excited class should be constructed with rooms on but one side of a corridor, not less than ten feet wide, the external windows of which should be large, and have pleasant views from them.

XXVI. Wherever practicable, the pleasure grounds of a hospital for the insane should be surrounded by a substantial wall, so placed as not to be unpleasantly visible from the building.

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AND

OFFICERS OF THE INSTITUTION FOR 1854.

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March, "Calrow, Tilton and Thaxter.

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June, "Tilton, Rice and Cook.

July, "Rice, Cook and Odiorne.August, "Cook, Palmer and Calrow.

September, " Odiorne, Thaxter and Tilton.

October, "Thaxter, Calrow and Palmer.

November, "Calrow, Rice and Thaxter.

December, " Palmer, Cook and Tilton.

The regular meetings of the Board are held at City Hall, on every Tuesday, at 5 o'clock, P. M., excepting the second Tuesday of each month, on which days they are held at the Hospital.

OFFICERS

OF THE

BOSTON LUNATIC HOSPITAL.

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